The South 40

About 'no-till'

By JAMES A. SMITH
Extension Agent

The concept of no-till planting of small grain is new, but it holds good possibilities with the new equipment available. The no-till equipment will put the seed into 6-8 inch rows and give good seed-soil contact. Yields will likely be higher, weeds easier to control. When planting in corn fields, it is better to plant directly in the stubble rather than chop the stalks.

Advantages of no-till: Reduced erosion, reduced cost of seedbed preparation and timely planting.

An application of Paraquat prior to planting on most fields would be worthwhile. I'm seeing more Mayweed in small grain every year. Watch for henbit, Mayweed and German moss - a treatment with Brominal or Buctril will pay on a lot of fields.

Why not try a few acres of no-till this fall where the field is fairly level and there is little likelihood of herbicide carry-over.

* * *

This year from Appomattox County 63 head were consigned to the Holstein Sale. For the Yearling Sale 186 head were consigned, compared with 119 a year ago. For the Growth Sale 70 head are consigned, compared with 119 a year ago.

At the Yearling Sale last week, 1,296 steers were sold, compared with 1,051 a year ago. Price was another thing. In 1982 yearling steers averaged $62.71-- last week they averaged $59.43. Heifers showed a similar price decline- In 1983 they averaged $55.11, while last week they brought $46.62.

There were three sales last week--Dublin, Lynchburg and Roanoke. Compared with a year ago, numbers were up from 20 to 75 per cent while prices averaged $11 lower per hundred weight. Prices in Virginia were several cents lower than the national market at Oklahoma City.

* * *

Now is the time to provide lawns with their first application of nitrogen. Use 3 to 4 pounds of ammonium nitrate now.

* * *

Fall is a good time to transplant shade trees. We tend to use maples, dogwoods and crab apples. Let me suggest a change.

Cladrastis lutea, the American yellowwood--It will reach 30 to 50 feet tall, with attractive smooth, grey bark and bright green leaves. It has white, fragrant flowers in June. Fall color is yellow.

Cornus Mas, the Cornelian cherry, will reach 20 to 25 feet high. Yellow flowers in March, followed by edible cherry red fruit in July-August. Fall color, in a good year, is wine-red.

Koelreuteria paniculata, the Golden Raintree has showy yellow flowers in July. The fruit persists into winter. Fern-like leaves are bright green in summer and yellow in fall. Reaches 30 to 40 feet high.

Sophora japonica, the Japanese Pagodatree. Flowers in July for two to three weeks and may reach 75 feet tall. Leaves are dark green in summer, but little fall color.

All nurseries do not carry these trees, but they are worth discovering.

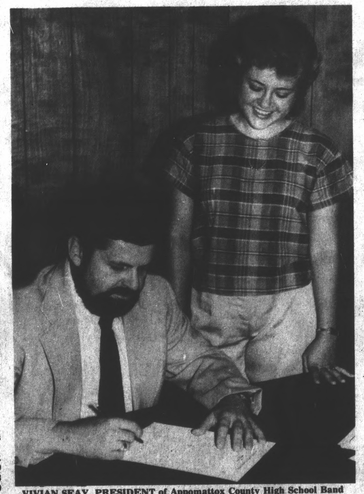
* * *

Concerning wheat--we need to adjust the yield upward. One way is to control seeding rate. Wheat should be seeded at about 15 seed per drill row foot when planting in 8-inch rows. This translates into 1.0 to 1.7 bushels per acre, depending on seed size. The following chart shows why the wide difference in the amount seed to be planted.

Wheat

15 seed/drill foot in 8" rows equals

Variety	lbs./acre	Seed/lb.
McNair 1003	98	10,069
Wheeler	88	11,073
Blueboy	86	11,350
Massey	76	12,789
Pioneer 2550	74	13,159
Tyler	73	13,353
Pioneer S-76	69	14,188
Coker 747	60	16,214
Coker 916	58	16,815



VIVIAN SEAY, PRESIDENT of Appomattox County High School Band and Appomattox Mayor Ronald C. Spiggle look over proclamation declaring the week of Sept. 15 - 25 as Band Appreciation Week in Appomattox. "We urge all citizens to recognize the achievements of this outstanding group and extend to the Appomattox County High School Band a salute on their accomplishments," said Mayor Spiggle. (Photo by Allen Austin)

Happiness is 4-H

By FRANK SWEET

The Five County Fair in Farmville is in full swing this week with most of the judging of exhibits being concluded today (Thursday). The Five County Fair Talent Show will be held on Friday and Saturday evenings at 8 p.m. Each year many Appomattox 4-H'ers with Share-the-Fun experience take part in the Talent Show at the Fair.

Livestock exhibits will be moved from the Fairgrounds on Saturday and other exhibits must be removed on Sunday afternoon between 12 noon and 5 p.m.

* * *

There is interest in beginning an Appomattox County Exhibit Day or two-day event for young people and adults to exhibit crops, vegetables, canned goods, crafts, woodworking, etc. Watch for additional details to be announced later this year.

* * *

The 4-H Teen Leaders will hold their organizational meeting on Monday evening, September 19, at 7:30 p.m. All teenagers with an interest in 4-H and teen leadership are invited to attend this meeting which will be held at the Appomattox Extension Office. The 4-H Teen Leaders Club, as well as all 4-H groups and clubs, are open to all young people regardless of race, color, religion, sex, national origin or handicap. The Teen Leaders club provides major leadership for several special 4-H programs each year. Janet Hix serves as volunteer leader for the group.

* * *

The Virginia Hunter Safety education program will be offered again this fall for young hunters and their parents. This six-hour course is primarily designed for those persons who will be taking to the woods and fields this fall. 4-H'ers will be advised of the dates for the hunter safety course during their September meeting. The course will be limited to the first 25 individuals who sign up.

* * *

Last year's 4-H projects are due in the Extension Office by October 15. Projects may be turned in at a regular 4-H meeting or at the Extension Office. The projects are most important towards building 4-H records. 4-H'ers will receive ribbons for each project completed.

Good News for Homemakers

Breakfast is vital

By SHIRLEY W. WALTON
Extension Agent
Better Breakfast Needed By Everyone

Once again, school bells are ringing, thus, the beginning of another academic year. As parents you will want to make sure that your child gets the best start each day that is possible. This desire can become a reality by beginning your child's day with a good, nutritional breakfast.

Research related to diet and learning abilities has shown that children who eat breakfast have higher levels of concentration and better attitudes toward studies. Children exhibit happier dispositions when the breakfast they consume contains at least 400 calories.

When deciding just what foods to include for breakfast, be sure that the basic four food plan is used. This is still the best plan to follow. For each day for the school-age child, the basic four recommendations include three servings of milk and milk products, two servings of meat and meat substitutes, four servings of fruits and vegetables and four servings of breads and cereals.

As child's serving size is defined as one tablespoon per year of age. Thus, for a child six years old, a serving would be six tablespoons or just slightly more than ⅓ cup.

Because of parents' work schedules, providing a child with an adequate breakfast can be difficult. However, it is most important that some effort be made toward reaching this goal. Two quick and easy nutritious breakfast menus that can be prepared the night before: Apple juice, a cheese sandwich, fresh peach or citrus fruit. Another menu would be a grapefruit half, an apple muffin with butter, boiled eggs and milk.

Many children enjoy a favorite breakfast cereal. Be sure to read the side panel of the cereal box and check the nutritional content of the cereal. Also, check carefully to make sure the cereal is not laced with lots of sugar in different forms.

Some suggestions that might help your child eat breakfast include:

1. Children do not respond well to early morning hustle and bustle. How well every parent knows that is so true. So send your child early to bed at night in order that he may get an adequate amount of sleep. The next morning, get the child out of bed early enough for him to get dressed and eat breakfast without feeling rushed.

2. Children like finger foods and foods that are cooler in temperature, mildly spiced, crunchy and served separately rather than mixed together. Children, also, like foods that are bright in color and served in child-size portions. (Nothing takes a child's appetite quicker than an overdone portion size.)

3. Children like new foods to be introduced one at a time, rather than several new foods introduced together.

Even before your child reaches school age, you can begin insuring his future through nutrition. Once he does start to school, it is imperative that healthful nutrition practices continue. A sound body helps to develop a healthy mind. Both can be achieved through good nutrition.

If you have a homemaking question or problem, you may call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

RECIPE OF THE WEEK
Apple Muffins

3½ cups flour
3 cups peeled, finely chopped apples
2 cups sugar
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
1½ cups oil
½ cup chopped nuts
1 teaspoon vanilla

In a large bowl, thoroughly combine flour, apples, sugar, salt, soda and cinnamon. Stir in oil, nuts and vanilla. Batter will be stiff. Grease and flour muffin pans. Fill ⅔ full. Bake at 350° for 20 minutes or until a toothpick comes out clean. This recipe makes two dozen. These muffins would be an excellent breakfast food or a lunch box addition.

Recipe correction is noted

In last week's Recipe Of The Week, Mother's Tomato Relish, number 4 in the directions for making read - Cool "along good" for about 20 - 30 minutes. It should have read - Cook "along good" for about 20 - 30 minutes.

We regret the error.

"NEW" BODY SHOP MANAGER

PERCY KIDD

Moses Chevrolet is proud to have Percy Kidd join their staff as body shop manager.

Percy has 12 years' experience in body work and believes that nothing should replace quality work. He is dedicated to keeping up with the latest in products and techniques to insure you the very best job possible.

Darrell Mayberry with 3 years' experience will also be working with Percy.

Percy Kidd, Body Shop Manager and Darrell Mayberry remind you,

"PLEASE DRIVE SAFELY."

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Local FFA news items

Officers of the Appomattox Middle School Future Farmers of America Chapter met Sept. 1 after school.

The group began discussing a booth for the Five-County Fair, and appointed a small committee to develop a theme.

The officers also discussed making fruit baskets or a container planter for a local rest home. The planter would be made out of railroad ties so residents could sit on benches and work without having to stoop.

With the normal citrus sale, the club may this year sell peanuts, or have fruit available again in the spring.

After school Thursday, Cheryl Simpson and Rick Pack competed with other chapter officers in grades 7-12 for a Hub Federation office.

Appomattox will be well represented in the Hub Federation this year with three FFA members holding office. The new officers and their schools are: President, Barry Guthrie, William Campbell; Vice President, Lisa Coleman, Appomattox; Secretary, Scott Tweedy, Hamburg; Treasurer, M. J. Campbell, Amherst; Reporter, Howard Anderson, Appomattox; Sentinel, L. J. Guthrie, William Campbell; Chaplain, Cheryl Simpson, Appomattox.

A busy year is planned beginning on September 22 at Appomattox Middle School with a leadership training workshop.

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APPLES
Silver Creek - Seaman orchards — packing shed now open for 1983 season.
HOURS: Daily Sept. 9 - Nov. 23, 10-4:30 p.m.- Mon.-Sat. 1-5 P.M. ON Sun.
VARIETY AVAILABLE - McIntosh, Red & Golden Delicious, Grimes Golden, Jonathan.
BEGINNING OCT. 1 - Stayman, Rome, York, Wine Sap, Black Twig.
SPECIAL DATES: APPLE BUTTER MAKING — ALL DAY: OCT. 1
PICK YOUR OWN — OCT. 8-9
LOCATED IN NELSON COUNTY - 3 MILES ABOVE MASSIES MILL ON RT. 56W - FOLLOW SIGN.
804-277-5524

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OVEN CLEANER EASY OFF.... 9oz. CAN 89¢
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BREYERS ICE CREAM ALL FLAVORS • ½ GAL. $2.39
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DETERGENT FRESH START 84 OZ. PKG. $2.69
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HART CUT GREEN BEANS 2 16oz. CANS 99¢
Lunch Box Special! HUNT'S ASST. Snack PACK 4 PACK 89¢
(PLUS DEP.) RC 100, DIET RITE or RC COLA 6 PK. 16oz. BOTS. $1.79
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3 VARIETIES DOVE Pineapple 20oz. CAN 79¢
5 VARIETIES... RAMEN PRIDE NOODLES 5 3oz. PKGS. $1.00
ALL FLAVORS 3oz. PKG. JELL-O 3 FOR 89¢
SAVE 5¢ LABEL CLEANSER AJAX 15oz. CAN 39¢
HUNT'S Tomato KETCHUP 32oz. BOT. 99¢
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SCOTT Paper TOWELS JUMBO ROLL 69¢
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